

The New "All Fours" Cure for Indigestion

Just Why the Latest Health Fad from Germany That Bids Us Move Like Our Earliest Four-Footed Ancestors May Actually Do Us Real Good



First position in Walking on the Hands to Cure Stomach Ills.

"DOWN, Algernon!"
"All fours, Vincent!"
"Right, left, all fours, walk, Gladys!"

"The naughty burrs hurt your dear little hands. What a shame, mother's dear little Frances!"

No, these remarks are not addressed to a dog, nor to a horse, nor to cats. They are the exclamations of relatives adjuring the members of their families to drop to the ancient position of man for their stomach's sake.

Professor Heinrich Schock, the eminent biologist of Munich, has asserted that he can cure the great American disease by reverting to the attitudes of our ancestors when they leaped from bough to bough of the giant trees in the family jungle. The cry of the learned German is, "To your soles, O Americans! To your palms and soles! Thus only can you banish the ache from your stomach and restore the vanished roses to your cheeks."

And the marvel is that society has heeded, society that was ever heedless!

"It is perhaps because the idea tickles their funny bone," said a critic of the all-fours movement who had himself practised it. "It is almost as diverting to see your friends make monkeys of themselves as to have a real monkey as guest of honor at a dinner."

At any rate, it has become the fad; as greatly the fad as it was for plump ladies to walk or stand for twenty minutes after dinner. The plump ladies believed the mild exercise after a meal prevented distention of the stomach and abdomen. Society of both sexes walks and trots on all fours for the same reason.

Professor Heinrich Schock, watching a party of passengers descending from an ocean liner to a tender at Cherbourg, said: "Americans, all! Can you not see with the glasses the pasty faces, the worried look, the too large stomachs? Too much eating, too little exercise! Ah, I should like to cure them." He went back to his laboratory in Munich and studied blood on a slide, a specimen of American blood he had secured, and saw that the white corpuscles were proportionally too many.

The distended stomach, the inability to assimilate food, the chalky white faces were all symptoms of deterioration, he believed, and to prevent deterioration he advised a return to primitive methods.

"To rest the stomach, to stimulate the circulation, to afford a freer flow of the gastric juices, to permit the gall to pass more readily from the gall bladder into the stomach by widening the opening into it, for all these reasons descend often to the posture of your ancestors," he advised.

While visiting in Berlin he offered his theory at a dinner at which several Americans were guests.

"Try it," he urged, and a long, lean Kentuckian, sallow of cheek and yellow of eyeball, complied. After the Kentuckian had made one round of the table others followed. Professor Schock reviewing the strange procession.

"Straight, there! You're leaning too far to the right!" he called to a flushed young woman from New York, who wore her stays a bit too tight for grace.

"Come, come! Don't try to look pretty! Head lower, spine higher! The trunk should form an inclined plane with the head as its lowest point!" he roared at a fat Philadelphia millionaire.

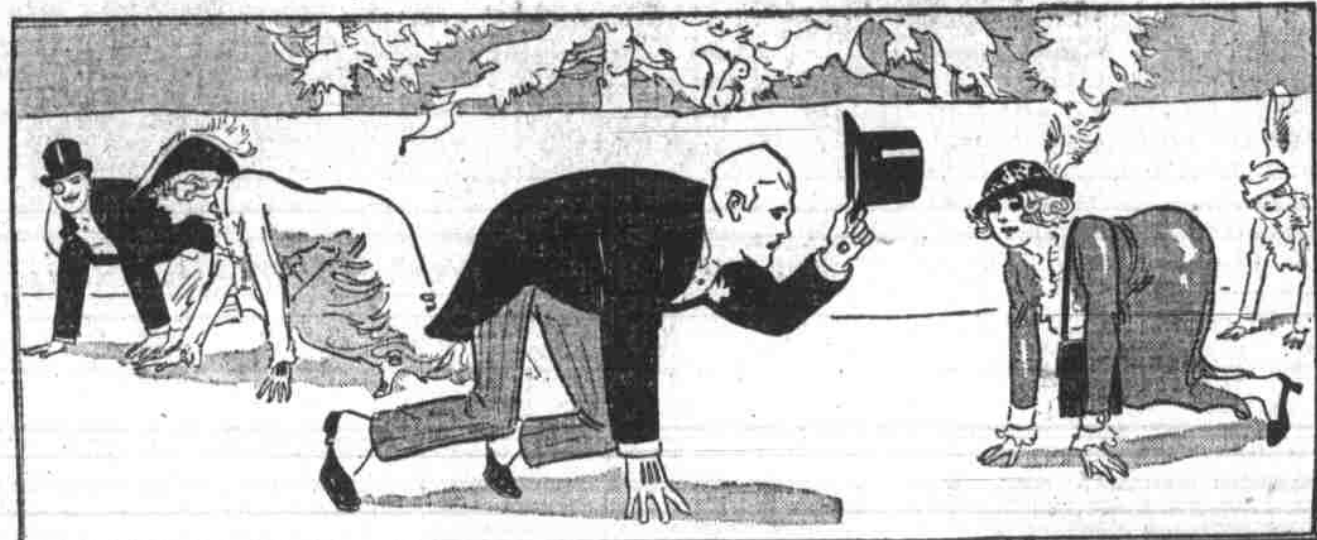
"Don't wobble!" shouted the Teuton at a matron who, though charming, was a bit affected, and whose bronze pumps were a shade too tight.

"I feel better," asserted the Kentuckian when his tall figure returned to the normal perpendicular. Noticeably brighter were his eyes and rosier his skin.

"So do I," said the middle-aged matron, whose figure was "wobbly."

And straightway each became a missionary to his or her country on the efficacy of the walking on all-fours treatment for the American ailment, indigestion. The cult has grown amazingly, though generally secretly.

If your host asks you to excuse him and disappears after dinner you



A Possible Social Scene in Central Park, if Every One Took Up the "All Fours" Cure.

would, if you were willing to invade the privacy of his bed chamber, find him walking hastily but awkwardly around the room on his palms and soles. A half dozen turns about the room and he rises, panting, but feeling, he would tell you, enormously better.

One of the season's debutantes, returning after an immediately after-dinner vanishing, displayed her reddened palms and told the story. The function being a debutante luncheon, there and then dignity withdrew. Dignity, you know, goes out at the window when novelty comes in at the door at a debutante's luncheon. In a minute there was a laughing procession of human buds about the table, while the chaperon played "Row, Row, Row" at the piano.

The debutantes told their sophomore friends at Harvard, and at the next dinner-theatre-dance, to which both were invited, there was a twenty minutes all-four romp around the room, at the peril of chignons and laces, and to the confusion of collar buttons.

So walking on all fours became

the fad. Professor Schock's advice is being rigidly, though laughingly, followed.

"To your roofs," he said. "To your gardens. On the seashore. Anywhere! But drop to your hands and feet and walk on them as many times a day as you can and as long a time as possible." Therefore, if your neighbor peeps furtively at you, his head just appearing above the cornice of the flat roof of his house, don't suspect him of burglary. He is practising the all-fours walk.

Walking on all fours is succeeding the turkey trot in popularity. While the barnyard dance raged it was commented on by critics adversely, because bald and paunchy brokers and bewigged grandmothers indulged in the swaying romp to music. The secret is out. It was not because they were infatuated with the dance, but because the vigorous exercise aided their digestions—their threadbare and sorely needy digestions.

For the same reason the "all-fours" treatment is here, and for the same reason it will remain until a better method replaces it.

Why the "All-Fours" Walk Helps Your Stomach

By Dr. Carleton Simon.

WALKING on all-fours, unlike many other fads, has a strong foundation in reason. The principle chiefly involved, and which the physicians of Europe apply to the American complaint, dyspepsia, is that by changing the relative position of the stomach its pressure is relieved and congestion is lessened.

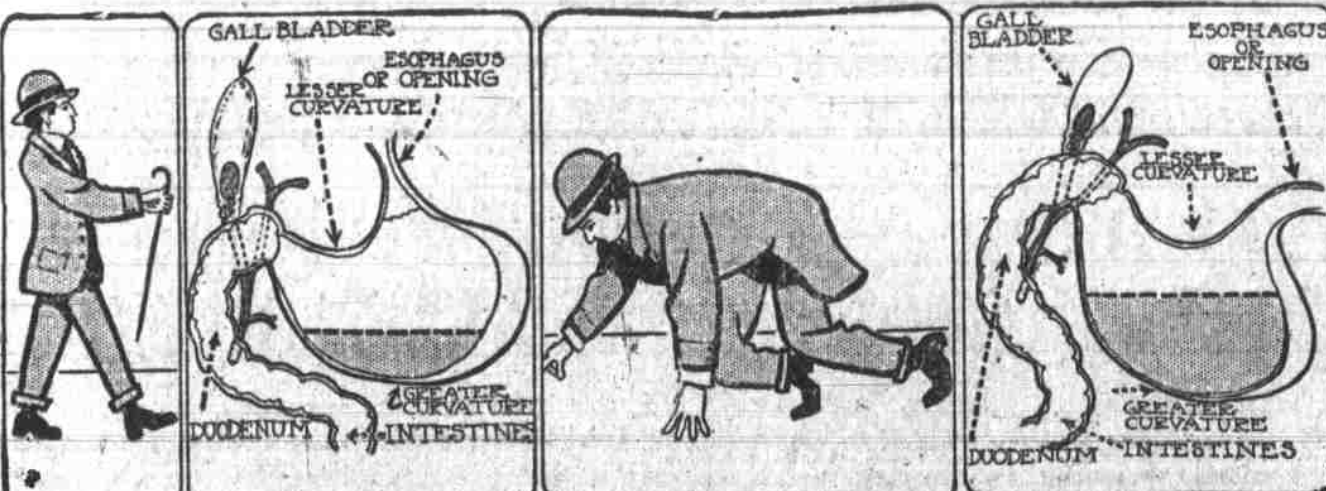
While walking on our acquired posture—for there is little doubt that we had to learn to walk upright, the race first walking as the quadrupeds do, on all fours—the stomach, so to speak, "settles." And when it settles it settles upon some

thing. That something is the duodenum, the intestine so named because it is as large as two fingers, that opens out of the stomach and into the large intestines. There is also a strain upon the apex of the stomach caused by the weight of the stomach dragging at it as the parachute of a balloon drags at the upholding ropes. The more food the stomach habitually contains the greater the weight.

When the walking posture is shifted from perpendicular to horizontal there is no such drag. So regarding the solar plexus, that collection of network of nerves in the thorax just in front of the stomach. The strain of an upright position upon this so-called "brain of the

stomach" is great. When the body drops to the support of the palms and soles this strain is also removed.

Professor Schock's argument that the beasts of the field have fewer stomach and intestinal troubles than has man is doubtless correct. Animals suffer, though in less degree, from heaviness after eating, an acid condition of the stomach, clogging of the intestines and flatulence, than do human beings. He contends, and his contention is not amiss, that the gastric juices are prone to settle in, as it were, the lowest pocket of the stomach, when that organ is in the position necessitated by the upright position of the body, whereas when the body has descended to the original latitude the gastric juice has a better chance to permeate the food,



Diagrams Showing the Position Stomach Is in While One Is Walking and the Position When One Is on All Fours.

because the food covers a larger area of the stomach.

A chief reason for this fad that has come to us from Germany by way of England and France is that walking on all fours gives to the stomach greater mobility. Whatever exercises the organs, if not unduly, is well for their development. The stomach, being less packed, so to speak, by surrounding organs, having more room in this new posture, it moves more freely. I am a foe to all constriction of the internal organs. My opposition does not end

at corsets. I believe that men should not hold themselves in at the waistline by tight belts. The necessity to take these off, if there were no other reason, would win my advocacy of the new exercise for the cure of dyspepsia.

Certainly I see no harm in it. If it will induce lazy persons, or persons who have not the opportunity for vigorous out-of-door exercise, to run about their rooms or their roofs or gardens in the all-fours posture for their stomach's sake, I can see good, and no evil, as a result.

dress as other women do. Have a better reason for wearing a certain gown than that the woman next door or the woman around the corner wears such a one. If she is tall and dark and you are short and blonde that difference is an unanswerable reason for dressing as unlike her as possible.

If I were allowed to bring but one gospel of beauty to this country, it would be: "Seek distinction in dress." Dress for yourself, not your neighbor, your relatives, your enemy or your dearest friend. Take a lesson

from the leaves, no two of which are quite alike in form or coloring. There are many fashions each season. Choose that one most becoming to you. A gown is becoming only if it expresses you.

Another bit of advice: I come to you from the other side, where it is a cornerstone of the beauty structure, to never look worried. I come back here and I see nearly every woman look worried. Why? You have more of this world's goods per woman than any other women on earth. And if you have not fortunes you have the ability and the opportunity to earn your own livings. Love affairs? Here, as no where else on earth, you dominate all situations, even a love affair. Here you are not slaves to the whim of a man. The man is slave to your whims. Your suitor and your happiness are in your hands.

Let me tell you why you worry. Because you have formed the inelegant habit of hurrying. We can do a great deal of work, we can spread our activities over a long day, without hurry, if we start the day well. Rise a half hour or hour earlier. Give yourself time to dress thoroughly and carefully. That increases your self-respect, puts you in tune with things. If you start the day unhurried, you will accomplish its tasks unhurried. Don't think of one thing until you have finished the last. "Do you now this thing?" is a good motto for efficiency as well as for beauty. Remember that no woman is attractive when her manner is hurried and her face reflects worry. Banish both from your life. It is within your power. Do it.

A third point that I observe with this clearer vision which comes with absence from you, a mental perspective which distance gives, is that, wise in most other respects, you are unwise in eating. Pardon me if I express my conviction when I say American women don't eat. They stuff.

Often they eat without appetite and merely because they think they must eat. That is a mistake. When there is no appetite for a meal that is often nature's signal that the digestive tract needs rest. Drink two or more glasses of hot water into each of which the juice of a lemon has been pressed, and forego the meal for which you have no appetite. As a rule if you don't want the food it will do you no good.

If you must eat your meal hurriedly, say at a railway station, don't attempt to eat a full meal. Don't eat more than you can chew into liquid form before it leaves your mouth. At such time do leave all starches, such as pies, pudding, rice or potatoes out of your menu. Eat a few bits of meat, taking time to chew it well. Swallow two or three eggs. Even if raw, with a dash of lemon juice and salt, they will nourish you and require little effort to swallow and digest. Green vegetables, iron-containing, as beet tops and dandelion, string beans, spinach, or scalded lettuce, will suffice. At such times particularly refrain from drinking at meals. The nervous hurried person should avoid starches, for they are more difficult of digestion than a piece of meat. Never eat tomatoes nor sour fruits at the same time as the starches, whether you are hurried or not. Starches do not assimilate with acids. If you must eat starches devour them at the same time as you take eggs or meat or green vegetables. The starches must have alkaline assistance for digestion. Acids cause them to form a heavy, indigestible mass in the stomach.



A Hand-Walking Class in a German Hospital. It is Made Up of Children Suffering from Intestinal Indigestion.

My Secrets of Beauty

No. 221--As I See the American Woman

By Mme. Lina Cavalieri, the Most Famous Living Beauty

I ADMIRE the American woman. I like her freedom of speech and manner, the pride of her head poise, her natural dignity and fearlessness of carriage. But with the clearer vision that I bring after three years' absence from your shores I see certain points on which I know she will permit me to advise her.

I go to a dinner, or the opera and I see what would seem a room full of sisters. Sisters they must be, else why should they all be dressed alike? With some slight variations as to shade or material their gowns are precisely alike. It has been the fashion or rather one of the fashions to make the upper part of an evening gown of white lace and the lower part of dark silk or velvet. A good style for a few women; tall, women of an exceeding slenderness. But in America there are not many of these. How the rest of the women look in these gowns, squat, ill dressed, without distinction. They have a decidedly ready-to-wear look; these gowns on the wrong women, and most American women, with their full figures, are the wrong women in this instance. Don't, dear women friends of America, don't

son from the leaves, no two of which are quite alike in form or coloring. There are many fashions each season. Choose that one most becoming to you. A gown is becoming only if it expresses you.

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